

What is claimed:

1.) An orally-administered composition of matter for reducing blood cholesterol levels and
controlling postprandial blood glucose and insulin levels in humans or lower animals, comprising a mixture
of:

- (a) beta-glucan soluble fiber or a source of beta-glucan soluble fiber; and
- (b) a non-digestible fat or a source of non-digestible fat.

2.) The composition of Claim 1 having a weight ratio of beta-glucan soluble fiber to non-digestible fat
of from about 1:20 to about 20:1.

3.) The composition of Claim 2 wherein the weight ratio of beta-glucan soluble fiber to non-digestible
fat is from about 1:10 to about 10:1.

4.) The composition of Claim 3 wherein the weight ratio of beta-glucan soluble fiber to non-digestible
fat is from about 1:3 to about 3:1.

5.) The composition of Claim 1 wherein said composition is a food comprising, on a single reference
serving basis:

- a.) at least about 0.5 grams of beta-glucan soluble fiber; and
- b.) at least about 1 gram of non-digestible fat.

6.) The food of Claim 5 wherein said food comprises at least about 0.75 grams of beta-glucan soluble
fiber.

7.) The food of Claim 5 wherein said food comprises:

- a.) from about 0.5 grams to about 7.5 grams of beta-glucan soluble fiber; and
- b.) from about 1 gram to about 16.0 grams of non-digestible fat.

8.) The food of Claim 5 wherein said food is a traditional snack.

9.) The food of Claim 8 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or
filled extruded snack.

10.) The food of Claim 5 wherein said food is ready-to-eat.

11.) The composition of Claim 1 wherein said composition is a food comprising, on a 30 gram basis:

a.) at least about 0.5 grams of beta-glucan soluble fiber; and

b.) at least about 1 gram of non-digestible fat.

12.) The food of Claim 11 wherein said food comprises at least about 0.75 grams of beta-glucan soluble fiber.

13.) The food of Claim 11 wherein said food comprises:

a.) from about 0.5 grams to about 7.5 grams of beta-glucan soluble fiber; and

b.) from about 1 gram to about 16.0 grams of non-digestible fat.

14.) The food of Claim 11 wherein said food is a traditional snack.

15.) The food of Claim 14 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.

16.) The food of Claim 11 wherein said food is ready-to-eat.

17.) A method for reducing blood cholesterol controlling postprandial blood glucose and insulin levels, in a patient in need of such treatment, comprising administering to said patient:

a.) beta-glucan soluble fiber or a source of beta-glucan soluble fiber; and

b.) a non-digestible fat or a source of non-digestible fat; or

c.) mixtures of (a) and (b); said method comprising oral ingestion, by said patient, of a sufficient amount of component (a) to result in the ingestion of at least about 1.5 g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of at least about 10 g of non-digestible fat per day.

18.) A method according to Claim 17 which comprises chronic ingestion.

19.) A method according to Claim 17 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.

20.) The method of Claim 17 comprising oral ingestion of a sufficient amount of component (a) to result in the ingestion of from about 1.5 g to about 15 g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of from about 10 g to about 40 g of non-digestible fat per day.

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- 28.) A traditional snack food comprising, on a 30 gram basis, at least about 0.5 grams of beta-glucan soluble fiber.